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## FRIED MUSH AND BACON

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Wherever corn meal mush is eaten, either as a cereal or as a starchy food with meat, some of it is likely to be packed into a mold, such as a bread tin or pound baking powder can, and, when cold, sliced and fried. The polenta of Italy is corn meal mush, fried and generally served with tomato sauce. Polenta usually has cheese added to the cornmeal mush, as in the recipe below for cheese mush, or grated cheese sprinkled over it at the table.

Fried mush, either plain or containing cheese, is very good served with slices of bacon as a main dish for a supper or lunch, or even for a low-cost, filling dinner. A salad of some raw vegetable-- grated carrot or chopped cabbage on lettuce-- would be very good with the fried mush and bacon, and apples in some form for dessert would complete an excellent and inexpensive meal.

In frying sliced cereal of any sort, the fat should be hot enough to form a crust and the slice should not be turned until the first side is delicately browned, crisp, and tender. The recipe for cheese mush or polenta, given below, is from the Bureau of Home Economics, U. S. Department of Agriculture.

### Cheese Mush

2 cups corn meal	3 teaspoons salt
2 cups cold water	$\frac{1}{4}$ pound sharp cheese, flaked
$2\frac{1}{2}$ to 3 cups of boiling water	Fat for frying

Stir the cold water into the corn meal. Add the boiling water and salt and cook in a double boiler for about 1 hour. Add the cheese and stir until it melts, then pour into a dampened loaf bread pan, and let stand in a cold place until firm. Cut in slices about  $\frac{1}{2}$  inch thick, and brown slowly on both sides in the fat and serve at once.

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